



Enjoy Himal, Enjoy Life

Trekking Pole

User Manual



One Year Limited Warranty

--WHY A WALKING POLE--

A single walking stick, pole, or staff can give you stability, especially on loose terrain or in crossing streams. It also can relieve stress on the legs, knees and joints by as much as 200%. By taking strain off of knees and ankles, walking will be more comfortable and 15% faster. A pair of fitness walking poles allow you to burn more calories while feeling no greater exertion when walking on streets, sidewalks, and paths.

--WHY CHOOSE US--

1/ Thickened & Enlarged Adjustable Strap:

With black braided fabric on the outside and super-soft wool lining that is air permeable and sweat-absorbent in the inside, the special-made strap comes with seamless binding and an adjustable snap joint to fit your wrist most comfortably.

2/ Ergonomic Orthotic Comfort Grip:

The lengthened EVA anti-skid grip is made of exquisite high-end dual density foam, which absorbs moisture effectively and puts the perfect fit in the palm of your hand. Together with the extended EVA shaft, the durable grip makes it easier for users to change gesture without skid during longtime use.

3/ Quick Twist-Locking:

Made of ABS material that is resistible to high and low temperature, all kinds of environment and impact. With unique design of inside and outside twin locking system, collapsible shaft connected by elastic cord, ultralight fastening accessories, and adjustable lock catch, it can be securely fastened in seconds.

4/ 5-Section Aluminum Shaft:

Made of selected 7075 T6 aerial aluminum alloy, tough and anti-impact. Advanced oxidation process is adopted to protect the surface. The upper half is cover by gloss paint to add luster and a smooth texture; while the lower half is dull polished to strength its anti-scratch and anti-erosion character. The shaft is made according to international standard of 135cm, and can be adjusted precisely to your exact height and securely locked in seconds with a twist of the wrist.

5/ Tip Cushion:

Made of a very high quality rubber compound, it is wear-resisting, heat-durable, and anti-corrosion. A 5cm thickened basket is designed to provide unmatched traction to any surface and prevent the pole from sinking. The basket installs quickly and easily over the pole's tip and can be removed in seconds whenever you need more traction in slippery or unstable surface conditions.

6/ The Tips:

The tough tungsten steel, together with the anti-skid spiral carving on it, ensures the resilience and of the tip and provides a sure grip on any surface. The delicate carving also prevents the basket from loosening.

--HOW TO USE ON DIFFERENT TERRAIN--

1/ Flat Ground

Stand steadily and keep your upper arm vertical, and then the lower arm extended out into the handshake position, forming a 90° angle. Hold the pole by its grip, its tip pointing down and touching the ground, the height of the pole now will be suitable for walking on flat ground. Please remember to lock each part fast.

Like walking without a one, you should swing your arm naturally to the pace of your strides when a pole is used. The elbow will pull the pole forward gently, and when the tip reaches the ground, the strap will support you when moving forward. The whole process resembles paddling a boat. Please never put the tip ahead of your body.

2/ Uphill

Please shorten the pole accordingly when climbing a slope with big gradient. Move the pole with your arm and plant it in front of your body, then use the strength from the strap to support your body when moving up. This will greatly decrease the stress of your legs.

Please use two poles when climbing upward if necessary. And by holding tighter to the grip, you can gain more strength.

3/ Downhill

Please extend the pole accordingly when going down a slope with big gradient. Going downhill can cause great pressure to knees and poles are needed to take off the strain. To achieve this purpose, the pole has to be planted in front of your body before your foot touch the ground. Please pay extra attention to the locks before going downhill, because the pole will have to bear more pressure and dangerous incidents may happen if the pole collapses suddenly and causes your body to loose balance.

For the same reason, please make sure that the ground is tough enough to stick in the tip, and avoid mud, floating weeds, and unstable gravel, etc.

--HOW TO USE THE STRAP--

Instead of holding fast to the grip, the weight of your body and bag is mainly born by the strap through wrist. Many may have the experience that after holding to the grip firmly over a long period of time, your hands will feel fatigue. To avoid this, it is essential to learn how to use a strap in a right manner. Following are some tips:

Step1: Adjust the strap to a most comfortable length and stick your hand into it;

Step2: Press the strap with your palm;

Step3: Then gently hold the grip, leaving all weight to the strap and the pole;

Step4: Adjust the length of the strap if it is not in the best position.

--HOW TO INSTALL--

Step1: Please connect each part successively and lock them fast by twisting clockwise.

Step2: Mount the basket or the tip protector according to your need.

Step3: Adjust the length of the strap according to your need.

Step4: Unlock the outside ABS lock and adjust the length of the pole according to your need. Please do not stretch the pole longer than its limitation.

--HOW TO MAINTENANCE--

Please do not put the pole into use directly after purchase. The outside screw needs to be adjusted by twisting by the user until a proper wrench resistance is got. The screw should not be twisted too hard, otherwise the overwhelming twisting force of the wrench may result in the damage of the itself and other plastic units. Make sure to check the lock regularly during the trekking. Please use the tip protector when taking a break in case of any accidental injury. The lock needs to be unscrewed after using, for consistent tension might lead to fraction in the units. Keep the pole dry and clean of dust, particles or liquids.

--SPECIFICATION--

Net Weight:	280 G
Folding Size:	13.38 IN (34CM)
Unfold Size:	53.15 IN (135CM)
Joint Number:	5
Handle Material:	EVA Foam
Shaft Material:	7075 T6 Aluminum Alloy
Rod Tip Material:	Tungsten Steel
Lock Catch Type:	Strong ABS And Mental Lock

--PACKAGE--

Trekking Pole	1 pcs
★Tip Protector	2 pcs
★Basket	2 pcs
★Mountaineering Buckle	1 pcs
Carrying Pouch	1 pcs
User Manual	1 pcs

★*Additional parts of the new enhanced poles.*

--WARNING--

1/ Please never point the tip upwards or forwards, because the tip can be sharp enough to hurt yourself or your companion. Please always make sure that the tip points downwards under any circumstances.

2/ The pole should never been used as an intermediary when someone needs to be pulled upward or forward. Because it is possible for even the best pole to collapse when pulled hard and result in terrible incidents.

--WARRANTY--

Sam Direct warrants to the original consumer purchaser that the main part of our trekking pole will be free from defects in material and workmanship under normal use for the ONE FULL YEAR of the product. Our warranty does not cover defects caused by misuse, abuse, negligence, alterations, environmental conditions, improper installation, storage and handling; nor any labor expenses. Sam Direct may elect to repair or replace any defective Sam Direct product covered by our warranty.

--LEGAL DISCLAIMER--

There are some inherent risks involved in using any product purchased from this listing including but not limited to serious physical injury. Products we sell may be intended for experienced adults over 18 years of age. We will not be held liable under any circumstance for incidental or consequential loss, damage or injury due directly or indirectly to the use of this product including any malfunction from negligence or defect. The seller makes no claims as to the suitability of this product for any specific purpose or use. Buyer understands that the use of the product can cause possible injury or death to themselves or others. The Buyer holds our company, its agents, & affiliates harmless from any liability arising out of or relating to the use or ownership of this product. Buyer fully accepts responsibility & releases the seller for any and all personal injuries, fatal injuries, and other damages incurred as a result of the Buyer or anyone else's operation of this item.

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